



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Emergency Kids

□□□: 17:37:22

□□: 517

□□: 9.53 km/h

□□□□: 6:15 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 179 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 49(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:33:01	6:38	47	36:12	177	36:47	14.00	1:33:01	6:38	47	36:12	192	36:47
Grenzwiese/Kleir	19.60	1:49:19	5:34	27	32:33	102	33:21	33.60	3:22:20	6:01	40	1:03:31	191	1:09:43
Neue Ausspanne	14.00	1:22:12	5:52	29	22:34	124	29:03	47.60	4:44:32	5:58	37	1:20:00	191	1:36:24
Grenzdler (Ober	13.70	1:34:36	6:54	48	33:18	177	42:44	61.30	6:19:08	6:11	46	1:39:57	191	2:14:58
Allzunah	19.90	2:07:21	6:23	51	55:31	177	59:17	81.20	8:26:29	6:14	51	2:21:38	191	3:11:22
Masserberg (Ren	17.90	1:53:05	6:19	46	36:07	162	44:45	99.10	10:19:34	6:15	50	2:57:45	191	3:50:05
Neuhaus (Rennst	19.90	2:00:48	6:04	39	42:13	143	43:50	119.00	12:20:22	6:13	48	3:39:58	191	4:29:23
Wanderhütte an	13.50	1:34:48	7:01	47	40:30	176	43:27	132.50	13:55:10	6:18	49	4:09:38	191	5:11:48
Brennersgrün	15.90	1:25:51	5:23	22	21:45	88	28:43	148.40	15:21:01	6:12	45	4:25:38	191	5:39:19
Blankenstein	20.30	2:16:21	6:43	54	59:44	185	2:16:21	168.97	17:37:22	6:15	50	5:25:22	180	6:38:48